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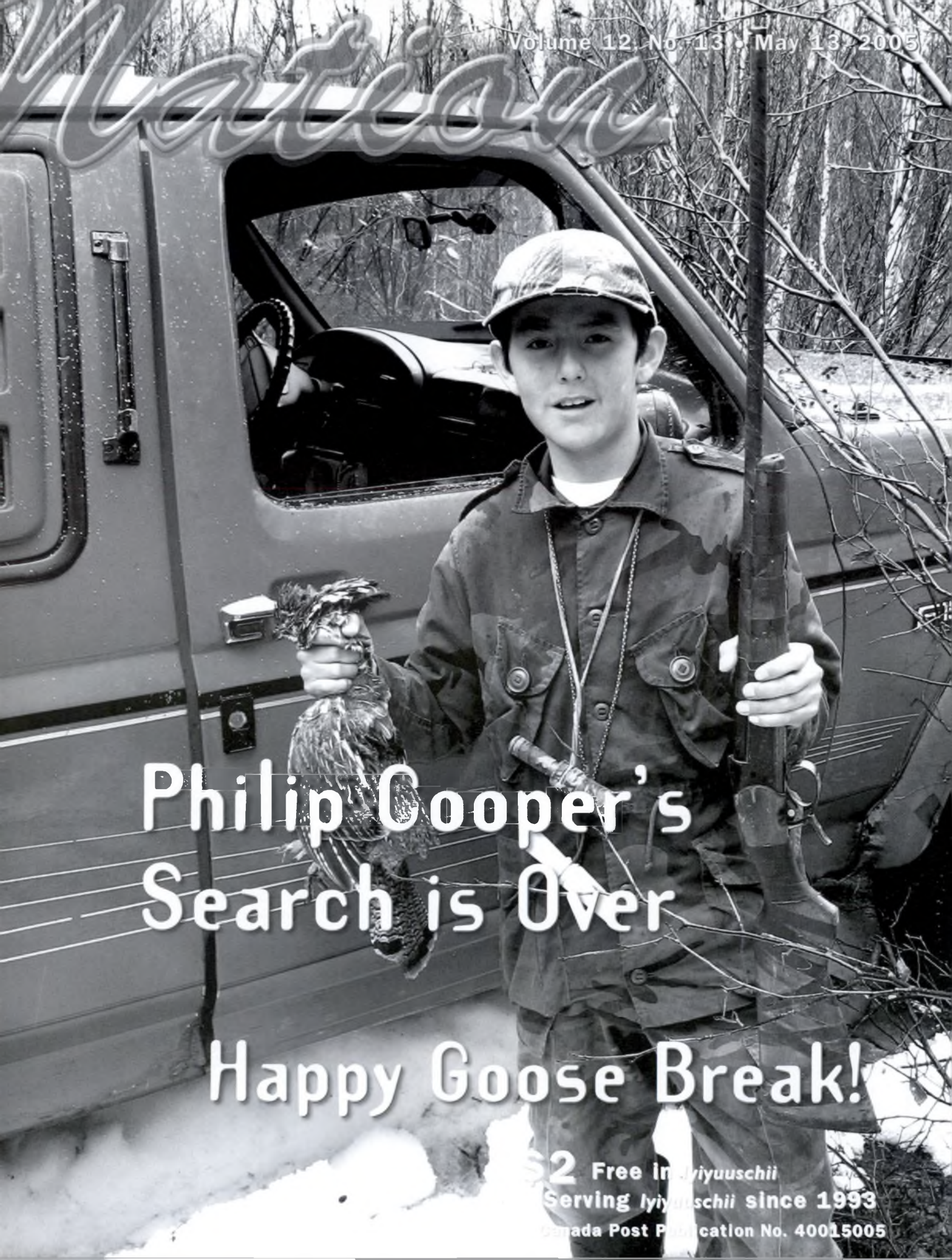

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Nadoshtin Archaeology and Cultural Heritage Program

Eastmain River – Summer / Early Fall, 2005

What is the Nadoshtin Archaeology and Cultural Heritage Program?

The Nadoshtin Archaeology and Cultural Heritage Program is about the cultural heritage of the Cree people who have occupied the Eastmain 1 project area for thousands of years.

We are working with elders and others to create a unique record of the memories, knowledge and stories of this area, as well as its sites and artifacts, to pass on to future generations.

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Working with elders, we have developed an Iiyiyuu approach to salvage archaeology in the area that will be flooded.

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  - * Social sciences
  - * History
  - * Geography or Anthropology
  - * Archaeology
  - * Cree language arts (writing in Cree, transcribing texts, translation)?
  - * from Eastmain, Mistissini, Nemaska or Waskaganish (people from other communities may also apply)?

To apply or for more information, please contact:

Blazo Voyager, ACHP Coordinator
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Tel: (819) 673-2600,
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editorial

Education starts at the top

By Steve Bonspiel

A letter to the editor of the Montreal newspaper Le Devoir has triggered an uproar in Mistissini. Published in early April, it bashed the system that schools the kids of Eeyou Istchee, and in particular the community of Mistissini. The surprising part is that it was the Mistissini School's Principal, Alain Bellemare, who wrote it.

I'll go out on a limb here and say that the negative reaction is due to the fact he is white. It also might have caused a gut reaction because there is truth to it.

Bellemare's letter reads: "The majority of young native people attending 'reserved schools' in the North of Quebec, Cree, Inuit, Algonquin, Innu, and the Naskapi's, currently fail under inadequate educational systems imposed by the Canadian and Quebec rules and regulations. In concert, these two levels of government seem to have linked their efforts to limit the educational success of these new generations of Native children whose growth rate has largely exceeded that of their fellow-citizens."

It's common knowledge that our school systems are not as strong academically as our non-native counterparts'. Just ask the kids who graduate from them what a shock it is to try and keep up in college.

Case in point: the high school I attended, the Kahnawake Survival School, was set up so we could survive as a people and still learn the ways of the rest of the world. Well let me tell you, if I was transferred to a non-native school at any time I would have failed. Not because I wasn't a smart guy but because I would have been ill-prepared based on what I learned there.

I knew I wasn't learning what I needed to prepare for college.

Some kids didn't receive French-language instruction and learned some irrelevant and obscure subject instead because those were the wishes of their parents.

Certain people up north feel that their kids can always fall back on the hunt if they aren't good in school. I'd say that as much as we don't like to admit it, the ways of our ancestors are disappearing and one of the best ways to fight for our rights is through the school systems.

There are many reasons why kids in Eeyou Istchee and in other reserves across Canada don't attend school on a regular basis or don't excel when they do. Some come from bad situations at home and cannot concentrate on schooling when they're concentrating on avoiding physical abuse.

These are also things we must address – and fast. Parents need to take more of a proactive role in ensuring their kids are at school every day and that they get the help they need with their homework at night.

The letter went on to say: "In spite of the fact that these dreadful and discriminatory situations for our Native children are occasionally denounced as well by Native leaders as by some non-native administrators and educators, Quebec and Ottawa seem to get along for once on a common approach in regards to Indian education that I would qualify as the conspiracy of silence."

Good point. The trouble in Eeyou Istchee with its high drop-out rates and an overall lackadaisical attitude towards school starts at the top. Maybe it's time the leaders take an approach that is more relevant to the reality of the north when examining the reasons why the curriculum is not up to par, and why the kids don't seem to care.

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Photo by: S. Bonspiel
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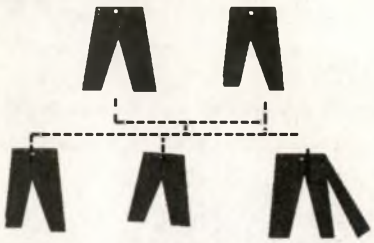
rez notes

It's in my genes



The helicopter had reached its weight limit and hovered for what seemed an eternity before ungracefully stirring enough sand to uncover a pyramid, then flew up and beyond the trees and towards the north. Meanwhile, a Twin Otter loaded to the gills with supplies taxied off the tarmac and buzzed into the grey skies. Snowmobiles by the dozen droned toward the white horizon after the turboprop disappeared, black dots in a white- and black-streaked background that is typical of the north on James and Hudson's Bays.

The town, which was once a bustling, make-or-break type of village, active 'til sunrise, now echoed only the cry of a hungry dog or occasional back-up signal of a heavy truck. Lacking almost the entire population, the regular flight leaving for the south was almost empty due to a sudden surge of healthy people, leaving its main ticket, patients, to fend for themselves in the wild. Local stores were downcast with the cashier's bored and wishful waiting for another customer, and echoed with dinging when she opened the empty register.

Exodus? Rapture? No. Spring goose break.

Aahh, the spring goose, so succulent when cooked just right, so coy at being lured into firing range, so plump from southern corn seed, so ingrained into Cree genes that it will take more than climate change to get rid of the school teacher's greatest angst, the break that breaks the will to finish the final weeks of education, the annual Cree migration to the camp.

For many Cree, it is the rite of passage and the constitutional right to bear arms to carry out our traditional spring rites, to shoot the goose and eat it too. Traditions that surround firearms and are revered in the very fat of the animal that died from the lead of a hunter using a new gun whose barrel was lightly dabbed with goose grease in honour of its first shot and kill. Yes, the gun is steeped in tradition and respect, but now, with ammunition readily available by the case, as opposed to the old way of saving the spent shell and reusing it, the gun has evolved to an oft-dangerous weapon, a far cry from when a shot meant killing for food, not for violence.

But today, our tradition stays strong and from the young to old, novice or dead eye, it all comes down to this for all: hunt, shoot, kill, cook and eat the gander. To those from the south who are not hunting-oriented, it is more than buying a pre-packaged meal at the local supermarket; it is the total harvest, from following time-honoured goose boss rules to the rendering of the fat from the drip of a *sigabon*.

The annual break for the hunt is something that we all hold dear to our very existence, from the hard-boiled, sunburnt persistent goose blind occupant to the mother or *googum* who tends to your daily kill, we are all in this forever. And like our ancestors who wandered the land in constant search for food and survival, we have it good today. We can have our goose and eat it too. As for me, I have no intention in breaking the chain that I thrived on as a boy and a man. I will shoot as no man before, call and lure like I was a flock of hungry fowl, and barely carry my load back home.

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Canada

Comex officially opposes firing range

But province misses deadline for approval

By Steve Bonspiel

The Cree-Quebec Comité d'examen (Comex) is in danger of becoming irrelevant if the Provincial Administrator (PA) does not uphold its position against the proposed SNC Technologies firing range in Waswanipi – and soon.

The delay to approve or nix the ballistics testing range is undermining the credibility and relevance of the Comex board after their unanimous recommendation to the PA to reject the project, according to the Grand Council of the Crees.

"We've never had a recommendation that's hung up in the air for so long," said Grand Council spokesperson Brian Craik, who is one of two Cree representatives on the board.

Their decision was presented to the Provincial Administrator February 25, after which the PA had 45 days to make its decision public. That deadline passed April 11.

"It's official that Comex recommended that SNC be rejected," said Craik. "We're not constrained from telling anybody the decision now and everybody agreed (because the 45 days has lapsed)."

The fear is that the Provincial Administrator might do something they've never done since Comex was created in 1978. They could be taking so long to make a decision because they are planning to push the project through. If that's the case, the whole review process will be in trouble.

"It doesn't bode well for Quebec-Cree relations and development," said Craik. "The longer Madeleine Paulin (the head of the Provincial Administrator's office) waits, the more reason it would give a court to overturn the decision to go ahead with the project anyways because of the whole violation of process."

Craik points to an administrative law that mandates reasonable delays. "If she's not doing that then two things are possible," he noted. "The Crees could appeal any decision that's made at the end of a long period like that to overturn the Comex recommendation. Or SNC could go to court to say that the review process was not done in a timely fashion and therefore they were legally prejudiced in some way by not being informed earlier. It may cost them to wait."

If that's the case, it doesn't look good for Waswanipi residents who oppose the project, as the fight might have to be taken to the courts.

"There were lots of representations made to Comex about how this project basically went against the Cree philosophy and use of the land," Craik told the Nation. "Crees derive their livelihood from the land and it's always associated with life and life giving. They felt that this was an intrusion into their hunting lands and that the activity would make a lot of noise and that's just disruptive to their way of life on the land."

Comex secretary Michael O'Neill also finds the situation strange. "Comex has never been in such a situation where the recommendation that was formulated to the PA wasn't passed on fairly diligently to the promoter of the project," O'Neill said.

But O'Neill cautions people not to jump the gun too early.

"It's wait and see right now, but I'd be very surprised if she goes against the committee's recommendations," he said. "In the wake of the Paix des Braves it would not be acceptable, morally, that she go against Comex's recommendations. The Crees have voiced their opposition to the project and the people who are for the project are a minority."

O'Neill says the project's financial spin-offs for the community and the region are almost negligible. "They would be freezing up a good portion of land," he observed. "The traditional use that's made of the territory will be able to continue for certain periods of the year, but it will be very different than how it is now."

Photo by Danielle Valade

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Autoroule Honda of Val-d'Or

Wishes to thank the population of Chisasibi for their hospitality.

Patrick and Douglas, seen here with the new Ridgeline 2006, Honda's 4x4 Pick up, are very happy with the week spent in Chisasibi, in early April.

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Isaac Mianscum at Canadian Idol.

Isaac Mianscum: a new Cree Idol

Mistissini singer makes it to third round of reality TV competition

By Steve Bonspiel Photos courtesy of Isaac Mianscum

"I want to encourage the youth, or anyone who has a talent to sing or other types of talents, to pick it up and use it."

Singing is not something that just anyone can do. It takes talent, heart and a touch of spunk – qualities that Isaac Mianscum most surely possesses.

The song that propelled the 24-year-old Mistissini sensation to the third round of this year's Canadian Idol contest was "You Raise Me Up," by Josh Groban. It's fitting, because Mianscum had mentioned to the judges that he was doing this to inspire the Cree youth.

"The second round I was supposed to do five songs, but I only ended up doing two and I passed," he said. "They asked me why I wanted to be a Canadian Idol and I told them that back home our youth has really low self-esteem and I want to demonstrate to them that I have a talent to be in this competition and hopefully our youth will look at me and do the same."

Mianscum said Cree youth have all kinds of artistic talent and that he wanted success at Canadian Idol to inspire them. "The judges were really inspired by my answer and they said, 'We ask the other competitors the same question and all they say is we want to be a Canadian Idol, we want to be famous, but you have really inspired us and you're going on to the next round.'"

Mianscum, who was accompanied by his parents and his sister, made it through three rounds, the first two of which were preliminary rounds.

In the very first preliminary round Mianscum was confident but didn't like his chances of being the one picked out of his group of five. "There was this girl that was in my group who sang like an angel. I thought she had a really good shot. So when it came time to make the decisions the judges told us that only one person was moving on. Then after a few minutes they came back and said, 'Isaac you got it! You're going to the next round!' I was really overwhelmed."

Mianscum told the *Nation* that his talent comes naturally and he was actually discovered by accident. "I used to always sing in my room and one day when I was 15 I was singing really loud because I thought no one was home. Then my dad knocked on the door and he asked if it was a tape or if it was me. I was shy at first but that's when I realized I was good."

Mianscum, who works at Meechum's Store, now sings at various public events in and around Mistissini.

His downfall came in the third round when his nerves started to kick in and he sang a little off-key. "I was off key for one of the songs so they asked me to sing something in a lower key. I sang 'Angel' by Lionel Ritchie and that's when three of them told me that they would have said yes, but I had to learn to sing better in a low key."

Mianscum said that he will continue to work on his voice – and the lower keys – when he comes back next year.

"I didn't feel frustrated or sad, I just felt happy that I got that far. For the past two years I've wanted to audition for Canadian Idol and this year I got my chance. I'm coming back next year for sure. It's fun meeting new people," he said. "I want to encourage the youth, or anyone who has a talent to sing or other types of talents, to pick it up and use it."

A triumphant Isaac Mianscum going to the next round!

The thousands of competitors at Canadian Idol.

Isaac Mianscum waiting in line.

DON'T MISS THIS GREAT EVENT!

THE CHIBOUGAMAU SUMMER CULTURAL FESTIVAL

The 7th annual edition of this popular cultural event will be held in Chibougamau from August 4th to August 7th, 2005.

In 2004 our citizens and visitors were entertained by twenty-five different artists from Nemaska, Mistissini, Ouje-Bougoumou, Chapais and Chibougamau.

Considering the great success of this cultural event the organizing committee has decided to continue with the same concept this year, which we believe to be popular and which will satisfy the different participants from the surrounding towns and communities.

This year, the invitation is being extended to participants of all ages from the Northern Quebec region area 10. We are looking for a variety of performers such as musicians, dancers, comedians, singers etc.

Registration is free and anyone interested should communicate with Chantale Bouchard, assistant director of the town of Chibougamau. Please contact her at the Sports and Recreation Department at the following number (418) 748-7195.

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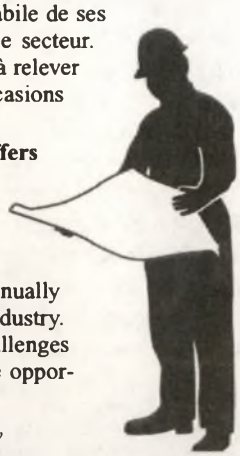

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Toute personne, société ou association au sens du Code civil peut, dans les **trente jours** de la publication du présent avis, s'opposer à une demande relative au permis ou à la licence ci-après mentionnée en transmettant à la Régie des alcools, des courses et des jeux un écrit sous affirmation solennelle faisant état de ses motifs ou intervenir en faveur de la demande, s'il y a eu opposition, dans les **quarante-cinq jours** de la publication du présent avis.

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Québec

John Rupert killed the first two Geese in Whapmagoostui

On April 22nd 2005 at approximately 2:00 p.m.

Expect road delays

The Societe de developpement de la Baie-James (SDBJ) is warning motorists to be cautious and expect possible delays on the James Bay highway from now until June 30.

SDBJ, which maintains the road, says that over-sized trucks carrying various materials will be frequenting the route.

The trucks are traveling to their final destination at the EM-1 hydroelectric project.

For more details on the times and places that circulation will be affected, visit the website www.sdbj.gouv.qc.ca, call toll-free 1-888-676-4636 or visit the SDBJ kiosk at Kilometre 6.

Kashechewan sewers overflowing

Spring flooding of the Albany River has caused Kashechewan's sewage system to back up, flooding basements and contaminating the water system.

Those affected were flown to Moosonee April 23 as a precautionary measure.

"The homes were flooded with the back up of the sewer," said Deputy Chief Rebecca Friday, who told the Nation that things were relatively under control. "We still have a boil-water advisory and that's been on a continuing basis from a couple of years ago."

Sewage seeped into the reserve's water pump house. Early testing showed that the water was contaminated and the pump house was shut down.

Bottled water was shipped to the community and efforts were made to accommodate people in Moosonee in private homes and hotels.

In all, close to 200 of the 1,400 residents on the west coast of James Bay were evacuated.

Friday said people could return to their homes after May 6.

Val d'Or Native Friendship Centre wins award

The Native Friendship Centre of Val d'Or was recently awarded the Filon des Premieres Nations by the Val d'Or Chamber of Commerce.

The ceremony that was held on April 9th, honoured "a Native organization that stands out throughout the territory." The presenters took into consideration the organization's impact on local economic development, their scope of activities and community involvement.

The Centre has been improving the quality of life of Val d'Or residents and building bridges between the Native and non-native people for 30 years.

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feature

MY FIRST GOOSE BREAK

Photos and story by Steve Bonspiel

The anticipation of shooting my first goose had me fidgeting in the car on the drive up to Paul Dixon's trapline. It also gave me a lot of time to think. I wondered how many geese I'd bag. I was hoping for three, but I'd settle for one.

During the eight-hour trek from Montreal to Waswanipi, I thought about the way the Cree still live off the land today, and the way my people, the Mohawks, no longer do because of the amount of land that was taken from us and the fact that we don't have vast tracts to hunt on anymore.

It made me angry on a certain level but it also excited me that I would be living in the bush like my ancestors used to and experiencing, albeit for a few days, what it was like to live during that time.

I met Paul at the airport and we headed out to his camp and the anticipation of shooting something, anything, was running high. Once we got there, however, we ended up shooting something of a different smell altogether.

Some of the Dixon family stories I was told ended up being worth the trip alone.

One story in particular had to do with the logging roads and how alarmingly fast some of the Barrette-Chapais trucks travel down this narrow path. I was told that a while back around Kilometre 70 there was a logging truck barreling down the road at a good pace. Suddenly the driver spotted a bear in his path. The next thing he knew there were pieces of the large animal strewn all over the road and up to 40 feet away on either side. Paul was notified and was aghast when he got to the scene and found unidentifiable pieces of what could have been any animal. It certainly didn't look like a bear.

Despite this, Paul is amicable with people who "visit" his family's trapline. He treats everyone with respect, despite some non-native hunters and fishermen that treat the land like a trash bin.

As a Mohawk, one thing that made me really mad was when we came up to a road that had been blocked off and had two signs, both of them telling people to keep out and that the land was private. It boiled my blood to see this white guy take over a certain part of the Dixon trapline and he hadn't even said anything about it to Paul. A certain part of the Dixon trapline was now cut off to the Dixons.

Paul just shrugged it off and assured me that if

During my time on the Dixon trapline, I was able to connect with my gracious hosts on a very different level than what a journalist is used to. I was treated like a guest and a member of the family at the same time.

asked, the man, who was a high-ranking businessman, would give him a key. Through my people's experiences in similar circumstances I was skeptical and wondered if that would indeed happen.

Paul is very fond of his family and especially his father, Isaac. I quickly learned that a large part of the Goose Break experience is not only to feed your family, but it's also a time to love and appreciate your family.

"The animals know my father, they know his smell," Paul told me. "They know him like he knows them and when he dies they will miss him."

During my time on the Dixon trapline, I was able to connect with my gracious hosts on a very different level than what a journalist is used to. I was treated like a guest and a member of the family at the same time.

I was constantly reminded how a certain *Nation* journalist before me used to come up every year and enjoy their company just like I was doing. When we went out to hunt I was given the hat he usually wore as some kind of sign that I was accepted as he had been.

After the usual feel-good banter, we got into more serious conversation on the second day. He brought up his struggles as a Cree in today's world. He is a man who is outspoken, to say the least, and has fought numerous fights to protect his land and the land of his ancestors.

"One day a guy asked me, 'why do you fight it, Paul'?" he recalled "'They (non-natives) have tanks and you have a bow and arrow!' I told him that patience is something we have as Native people. I said, 'If one day that tank shoots at me and I'm patient and I wait, I can shoot my arrow at the same time they shoot and hit their bullet.' And I asked him 'then what do you think will happen?' And he said, 'it'll blow up' and I said, 'exactly.' Maybe I'm just waiting for that chance."

After that we got into a discussion about the different kind of higher learning that takes place in the bush and he hit the nail on the head.

"For the white man, the one who has the most information is the most powerful," he said. "If you want to learn how to fly a jumbo jet all you have to do is study the books, it's been done, it's written. But it takes many years and personal experience to learn how to live in the bush."

As you have probably guessed by now I didn't catch any geese. It's not that I was a bad shot or we were unlucky, it's just that I was a few days too early. The geese just weren't flying yet.

That's not to say we didn't have an adventure though. Our 11-year-old shoo boy, John Isaac, taught me the value of the up-and-coming generation. He picked off three partridge in as many shots, each ranging from 10 to 25 feet away.

All in all it was a great experience and I look forward to actually shooting something next year!

John Isaac with two ducks he shot.

Paul and John test out the washed out road.

John Dixon and family with the day's catch.

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Mistissini girls are national hockey champs!

By Jeff Spencer, Co-Head Coach, Team Eastern Door and North Female Team and Executive Director of First Peoples Sport and Recreation Circle of the Eastern Door and North (Provincial Sport Organization)

After losing in the Gold Medal Game to team Ontario South the first three years of the National Aboriginal Hockey Championships, Team Eastern Door and North (representing our Quebec region) has finally broken through defeating Team Ontario South 4-3 to win the Gold Medal in Miramichi, New Brunswick during the April 17-24 tournament. This was the fourth meeting between the two teams in the final game and the first victory for our girls.

There were nine teams at the Bantam-Midget Championships: British Columbia, Alberta, Saskatchewan, Manitoba, Ontario North, Ontario South, Eastern Door and North (E.D.N.), Atlantic and Northwest Territories. Team Eastern Door and North won all seven (7) games they played defeating seven different regions (they did not play Atlantic) to capture the gold.

In the first round E.D.N. defeated Alberta 5-0 and Manitoba 6-3. In the second round E.D.N. went undefeated, beating British Columbia 13-0 and Ontario North 4-2 to end up in second place overall.

In the quarter-finals E.D.N. clearly dominated play in defeating Team Northwest Territories by a score of 9-2, setting up what appeared to be a tough semi-final against Saskatchewan (another team without a loss). The score was tied 2-2 in the second period when Saskatchewan took two undisciplined penalties. E.D.N. capitalized with two goals, closing out the period with a 6-2 lead. Team Saskatchewan fought back in the third only to come up short, with Team Eastern Door and North victorious 6-4.

This set up the finals which proved to be the match of the Championships. Back-and-forth action saw E.D.N. jump out to a 2-0 and 3-1 lead before Team Ontario South battled back tying the game 3-3 with just over 10 minutes remaining.

Jewyll Matoush from Mistissini, clearly the dominant female Aboriginal hockey player at the national level (she won Player of the Game honours in all round robin games and was named First Team All-Star for this year's championships), set up the winning goal with a beautiful pass to Brianne Alfred (Brianne scored a hat trick in final game) as she was being hit in the corner. Joy Kitchen from Waswanipi, in her last year of eligibility, showed her unbelievable grit in playing each and every game on what was clearly a bad ankle and giving one hundred and fifty per cent each and every shift. Newcomer and future all star Carol Ann Mapachee from Mistissini started her career in the National Championships with a gold medal. Unfortunately, Carol Ann suffered a second grade concussion in Game 4. However, she showed great team spirit on the bench and in the locker room to help lift Team Eastern Door and North the rest of the way.

Thanks are due to General Manager Peter Jacobs, my Co-Head Coach Trudy Jacobs (wife of Peter – both of Kahnawake), Assistants Harry Rice of Kahnawake and Bruno Jourdain from Uashat Mani-Utenam (the number one stat man in the game), and to Dwayne "Doc" White who has been the trainer for both male and female teams for all four National Aboriginal Hockey Championships.

The E.D.N. boys team ended up in second place after the round robin but was defeated by Bronze Medalists Saskatchewan in the quarter-finals. Waswanipi Cree Vern Cooper captured the Gold in the Male division playing for Team Ontario North, which won its second straight National Championships. Vern – a Bantam – showed he is there to stay by dominating play at this mostly midget Championships. For more information please check out www.aboriginalsportcircle.ca . Next year Eastern Door and North will be hosting the National Aboriginal Hockey Championships in the Mohawk Territory of Kahnawake and surrounding Montreal region.

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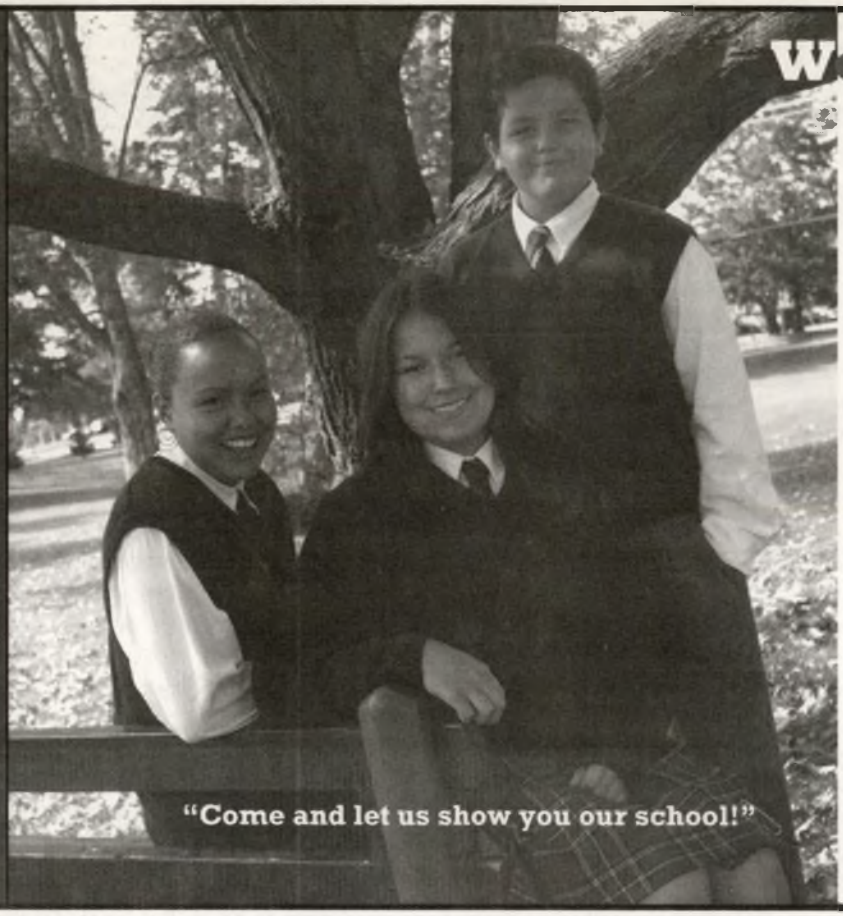

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REVENUE SHARING WITH HYDRO QUEBEC

Pulse of the Nation

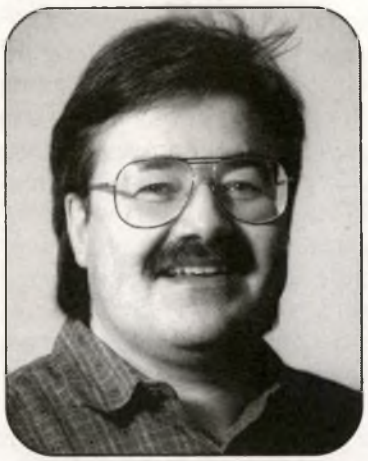
by Norman Fireman

For this issue *the Nation* asked people for their thoughts on the $1.5 million the Crees will receive as their share of revenue growth from Hydro Quebec's exploitation of hydroelectricity in Cree territory.

Bertie Wapachee, Nemaska: "If you look at the average, about $2 billion a year on 1,000 megawatts of power, and how they break it down, 15,000 megawatts come out of our territory. Just on electricity. If you want to average it out, normally 1,000 megawatts will give you around $2 billion in revenues every year. If you're looking at 15,000 megawatts, where's all the money going? A piece of it, $70 million, is going to the Crees. If we were smart we could have asked for $200 million. Just to be nice, $70 million wasn't enough when it was signed. We're always going to be in a position to fight over those dollars every year. It's never going to let a community catch up to development whether it's in housing or whatever their needs are in their communities. We have to dam every river, blow up every mountain and cut every tree we can to boost up the $70 million. That's what we would have to do, that's our reality. I don't know how much land we'll have if we dam up any more rivers. So who's going to make money in the end? Not us.

John Brown, Eastmain: I guess the intention of the Agreement was to find social and economic development within the communities. As for Eastmain as regards to the money, the band here has broken it down with the percentages that were in the Agreement. There's a percentage going to the Youth, a percentage going to the Elders, a percentage going to community development, and a percentage going to economic development. For me, whether I feel that the amount is sufficient, I never feel the amount is sufficient. I feel that how we use the money is more important than how much it is. I think we really need to look at policy when it comes to business development and education more than anything else right now. What's lacking is the incentive for people to want to get into business right now. I find a lot of people are having a hard time making the transition to getting into business because of the large demand for service-oriented things that are either done through the band, the Cree Health Board or the Cree School Board. As for the money itself, I can't really make an assessment whether or not it's sufficient, good or bad, I've never gotten the figures. I don't know how they calculate it, what figures they used, how they got those figures, and who calculated them. I can't make an assessment without knowing all that stuff.

Jimmy A. Fireman, Chisasibi: I have a question about the annual disbursement of funds since the Paix des braves was deemed an economic development agreement. Are we going to see investments in local and regional economic development projects for job creation and long term returns on these investments? And the creation of the Cree Development Corporation, how is this structured? Who sits on this board? Who sets policy on the formula for the disbursement of funds? I believe persons involved in economic development should be allowed to voice their concerns about how local and regional authorities utilize their portions. If we continue to use these funds for social community development and very little for economic development, and very little for long-term investments, are we going to be in trouble in the not-too-distant future?



Bill Namagoose, Waskaganish: We set the $70 million as a base. Then it's adjusted by the index, which is the sale of Hydro minerals and forestry products. That's a 1.6 per cent increase. All

continued on page 19

Fontaine at Montreal business gala

by Norman Fireman photos by Aaron MacDevitt

First Nations leaders from across Canada gathered at the Loews Hotel Vogue in Montreal April 20 to talk business.

The message at the Convergence Gala was all about business opportunities, networking and partnerships with First Nations. The Gala featured a special presentation by the National Chief of the Assembly of First Nations, Phil Fontaine.

But first, Billy Two Rivers of Kahnawake said he was honoured to open the gathering and welcomed everyone to Mohawk Territory. "We have been welcoming newcomers for the past 500 years and we are still welcoming everybody and we want to be partners with you, be it in business or to develop better relationships with each other," said Two Rivers.

Phil Fontaine then proceeded to give Gala guests a history lesson. He spoke of number of the treaties between First Nations and Europeans, for example, the covenant chain of 1692, the Great Peace of Montreal in 1701 and the first modern treaty, the James Bay and Northern Quebec Agreement.

"This is an interesting time for First Nations," said Fontaine. "We see a government that has committed, in very public ways, to 'transformative change.' Just over a year ago the Canada Aboriginal Peoples Roundtable was set in motion to bring First Nations, Inuit, and Métis issues to the forefront of the federal agenda. And First Nations would be guaranteed a 'full seat at the table' in all the key forums that direct the political life of the country."

Fontaine talked about how the AFN recently presented a detailed plan aimed at recognizing and implementing First Nations government that goes far beyond an Indian Act band governance or delegated authority.

Fontaine emphasized the housing shortage faced by First Nations communities across Canada, and that we need to improve the quality of housing that's already there. He also talked about how First Nations students cannot access funding for their post-secondary education and that statistics show First Nations are almost three decades behind the general Canadian population in terms of education levels.

"This is Canada's workforce for tomorrow," said Fontaine. "Our population is young and the rest of the population is aging. If Canada is going to remain competitive we need to reach out to this untapped pool of talent and make sure they're healthy and educated. We cannot afford to lose another generation. Our future is Canada's future and First Nations must have the opportunity to develop plans for their own futures, including the development of economic opportunity through the sharing of revenue resources, partnership with private sector partners and the building of solid First Nations economies. And when our communities benefit, the surrounding communities benefit and all of Canada is the better for it. We contribute to the economy; we build a better future and a stronger country for everyone."

Judy Cooper and Phil Fontaine

Robert Kanatewat, Margaret Fireman and Billy Two Rivers

Judy Cooper, Margaret Fireman, Steven Pash, Eva Louttit and Mabel Herodier

Photo courtesy of Philip Cooper

Philip as a child

Whapmagoostui man's search for non-native dad ends

Father had already passed away, finds four new brothers instead

Photos and story by Steve Bonspiel

The anticipation was almost too much to bear. Whapmagoostui's Philip Cooper was going to be meeting his brothers for the first time in his 36 years and you could tell how nervous he was. His hands were sweating profusely as he wondered how the three siblings – he had already met Florent Lemay, a fourth brother in Val d'Or two days earlier – would receive him.

He had been building up the meeting in his head for a little over a month and April 25th marked the day he would be reunited with three brothers who shared a common link – their father, Willie Lemay.

It all started because of his six-year-old daughter, Devina. "My daughter asked me why I had one grandfather and two grandmas," Cooper told the Nation. "She asked me who my daddy was and she told me that daddies are really special. That caught me off guard."

Two weeks later Philip began his search.

"I made a call on March 21st to Mr. Fortin, a former cop in Chapais and he told me he knows the Lemays and that a couple of weeks ago they were here for a tournament for the 50th anniversary of Chapais. So I called the municipality to find out who organized it and I finally reached Vicky, who happened to be Florent's daughter. She called and told her dad that she received a strange call about her grandfather. Then Florent called me and we figured out that we were brothers."

Philip meets Aldée for the first time.

Brothers in Arms: Aldée, René, Philip, and Germain

Philip vaguely remembers his father coming to visit him and his mom when he was a small child. His siblings would tell him that his father was there to visit. He doesn't remember his mom ever saying that this man was in fact his father. He couldn't recall the last time his dad visited.

> "She asked me who my daddy was and she told me that daddies are really special."

Every time he brought up the question of his father's identity, his mom would change the subject. Finally, once he had concrete proof of who his biological dad was, he showed his mom the pictures and told her he needed to hear it from her.

"She confirmed that it was my father," he said. "I broke down and cried. She told me that my middle name Willie was in reference to him."

That was just before he was to meet the Lemay brothers.

Growing up without a dad was really hard on him. "I tried to take my life three times. This was one of the things that I felt the pressure from as I grew up, not knowing who my dad was."

Philip talked about a sad time when he was young and had to present himself in his elementary classroom. When the teacher asked who his mom and dad was he told the class that he didn't know his dad. All the kids laughed. This

Société d'énergie de la Baie James

Traffic disrupted between Matagami and the Eastmain-1 jobsite

For an undetermined period, there will be transportation of wide pieces between Matagami and the Eastmain-1 jobsite. This will considerably disrupt traffic. Each trip will be divided into two parts: from Matagami to Kilometre 274 (intersection with the Route du Nord) and, the following day, from Kilometre 407 to the Eastmain-1 jobsite. On the James Bay highway, the convoy will stop every 30 minutes, and/or as needed, to allow traffic through. However, from the Route du Nord to the Eastmain-1 jobsite, vehicles will not be able to pass the convoy. Hydro-Québec Security will be making sure that everything goes smoothly, several kilometres ahead of the convoy.

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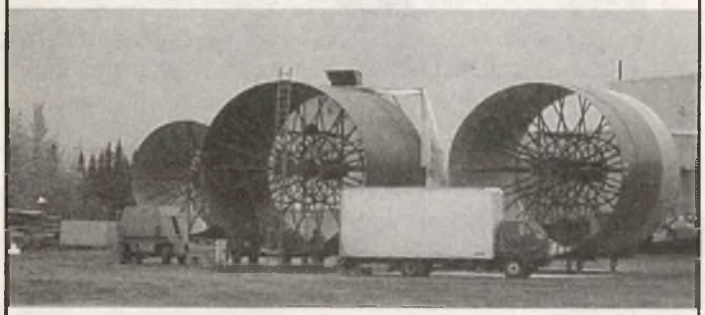

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aboriginal people across Canada and probably even the U.S. would want to have access to the share that comes from their territory. This is the first time in all of Canada or North America. The Crees are getting a portion of the funding from the revenue generated from their traditional territory. There's no other agreement like this in the world. Our deal increased by $1.6 million this year. That index provided $1.6 million and it will increase for the next 45 years. Every year we look back at what happened in the past five years, then we take an average of how much sales were made in electricity, mining and forestry, then we take an average of the five years. If you want to do the math, it's very difficult, but if you do it by the principle, we just take the electricity sales and we take a portion for the Crees. Since we signed the Agreement, $157 million has gone to the Cree communities. People who are opposed to the agreement will always try to minimize the economic benefit of the index, but the index is too full as the revenue-sharing thing and it has access to revenues from Aboriginal territory, which no other group has. Groups have what you call impact agreement benefits but it's not linked to the diamond mines or whatever it gets out of the territory. They give them x-amount of millions and the company is free to take whatever they want out of it in the territory.

O-J police officer takes own life

It saddens me to hear that such a great man could take his own life and leave behind a family. He was there for everyone, but who was there for him? The cries for help were not loud enough, but I know they were there. He was so busy thinking of other people and helping them. I guess he forgot about himself. What do we truly know about a person until they die or we miss them and we ask why? We will never get the answers that we are asking but remember the great times and the bad. You will never know why and he would want you to live your life to the fullest. He was one of my best friends. He taught me to take risks and live my life to the fullest and never mind what other people think of you. He reminded me of a free spirit. No matter what happens he would be the fall guy and take the blame for other people's mistakes. Anyway, I only wanted to comment that Henry Wapachee will be greatly missed by the people he touched in their hearts and loved. He was and always will be in my heart as the man with the great smile.

Christina Howson

A gift of life

Dear Nation Readers:

I was touched and moved by the letter from Ms. Yvonne Bosum, who is in need of a kidney. As a kidney donor myself, I know first hand what Ms. Bosum and her family is going through. I know how difficult it is to see what a family member goes through while waiting for a kidney.

In 1994, my late sister Mary Jolly-Petawabano was diagnosed with kidney failure. Among my immediate family members, only I and a brother had the same blood type as Mary. As providence would have it, I became Mary's donor for a much-needed kidney.

At the time when Mary required the kidney transplant, most of her children were still very young. Being a parent myself, I began to wonder how I would feel if I had suddenly been told that I would not live too long without a kidney transplant. I decided that I would give my sister one of my kidneys so that she would be able to live to see her children grow up as adults. And, she did!

Sadly, Mary passed away last March 2004. To this day, I have never regretted donating a kidney to my late sister because it gave her 10 more years to live. Mary was able to raise her five children to adulthood. She also lived to see the birth of four grandchildren. Mary was also able to dance at one daughter's wedding. All this made it worthwhile to give her a kidney.

I would like to make an appeal to all healthy Cree of James Bay territory to sign your medical cards to identify yourselves as potential organ donors. By signing a medical card, this will facilitate one's family to consent to the extraction of one's organs at the time of death. In the case of kidney donations, you can donate a kidney without any consequences to your health. All people can survive on one kidney.

Donating a kidney is a gift of life. If you can help Yvonne by giving her a kidney, please, please do so. And, Yvonne, have trust in our Creator and don't give up hope.

May our Creator bless you all!

Sincerely,
Kathleen J. Wootton, Deputy Chief
Cree Nation of Mistissini

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PUBLIC NOTICE

ELECTION FOR THE OFFICE OF **CHAIRPERSON / SPOKESPERSON** OF THE **CREE NATION YOUTH COUNCIL (EEYOU ISTCHEE)**

TO ALL CREE YOUTH BENEFICIARIES (AGES 13-29) OF EEYOU ISTCHEE

TAKE NOTICE THAT THE CREE NATION YOUTH COUNCIL (EEYOU ISTCHEE) BOARD OF DIRECTORS HAVE SET A DATE FOR THE ELECTIONS TO THE OFFICE OF CHAIRPERSON/ SPOKESPERSON AS FOLLOWS:

WEDNESDAY, AUGUST 3, 2005
POLLS will be open from 9:00 a.m. to 9:00 p.m.

ADVANCE POLLS: Wednesday, July 27, 2005. From 9:00 a.m. to 5:00 p.m.

NOMINATION FORMS will be available as of MONDAY, MAY 9, 2005, either at the local Youth Departments or from the Chief Electoral Officer at the following address and telephone number:

Edna L. Neeposh
Chief Electoral Officer
Cree Nation Youth Council (Eeyou Istchee)
2 Lakeshore Road
Nemaska, QC. JOY 3B0
Tel: (819) 673-2600, Ext. 327
Fax: (819) 673-2606
E-mail: neeposhj@cra.qc.ca

was the start of bullying that continued on throughout his childhood and teenage years.

"Growing up with a single parent I envied other kids who had toys. My brothers and I used to steal to have the same toys," he said.

"When I reached my teens that's when it started to get to me more and more. I felt the weight [of not having a father become] heavier and heavier each year."

Getting to know each other.

Later on as an adult he went into detox to clean out. His self-destructive drinking and partying was getting out of hand. Not long after that he started drinking again, however, and it wasn't until he found out his wife was pregnant with their daughter Devina seven years ago that they both stopped completely.

Now he has one more thing to live for, four new brothers to go along with the six he already knew.

He had already met one of his brothers, Florent, 59, in Val d'Or April 23. It was a joyous occasion to say the least. "I'm still in shock," said Philip's newfound sibling. "I'm so happy for him and I'm glad that he met his brothers. Everyone deserves to have a father. I'm happy that it didn't take him too long to search."

> "There was a hole in my heart, a gap, but now it's filled up."

When Florent was asked if it mattered that he was Cree, he replied without skipping a beat. "I like every colour, black, Indian, German, it doesn't matter. I hung out with the Indians all my life in Chapais. I never had anything against them. I'm not shy to say I have a Native as a brother. I'm very, very happy. I think we made his life and he made ours too."

Philip was equally elated. Florent and his wife Helen had bought gifts for him and his family. "It was an extraordinary reception, they really made us feel welcome," Philip said.

Florent joked that now they have another brother, he'll have to jump right in. "Now he's going to have to start playing hockey. The Lemay brothers play hockey every winter in Chapais. We were missing one brother and now he'll have to take Réjean's place."

Réjean had committed suicide a few years back. Their only sister, Jocelyne, succumbed to cancer.

The first brother Philip met in Montreal April 25 was the oldest living Lemay. Aldée, 64, greeted him at the Hotel du Fort and before long they were on their way to Laval to meet up with the two remaining siblings.

The reunion was complete when they reached Germain's house in Laval. Not long afterwards the last brother to meet Philip, Rene, came over and they were very happy to meet their long lost Cree brother.

"It was exciting to meet him because the first time he called my place and we talked, it really clicked between us," said Aldée. "I'm very happy to have him as part of the family, he's a very good guy and he has a great family."

Over the next week Philip was taken on a whirlwind of activity. He was driven around by his brothers to shop and visit different family members. "The whole week was very special. My brothers were very loving, caring, open and generous. It showed me the kind of person my father was.

The most memorable visit was to his father's resting place at La Mausolée St-Martin.

"When I went to the burial site it felt like everything was complete from then on," said Philip. "There was a hole in my heart, a gap, but now it's filled up. I don't feel that empty space anymore. I thanked him for passing by when I was young and filling up the cupboards with groceries. I also thanked him for the happiness and joy he brought with him. I forgave him for not staying in touch and made peace with him."

Photo courtesy of Philip Cooper

Philip's biological father Willie Lemay

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BIRTHDAYS – 101

Sending all my love to our Little Princess, Shante Miracle Neeposh on her very first birthday on May 16th, 2005. You are the miracle in my life, the diamond in my sky and the apple of my eye. I love and cherish you more than anything. From your everlasting Love, Mommy (Naomi) & Daddy (Norman).

To my one and only son: Hey, Cheldon Anawatin Tanoush. I know you miss your Dad and I know you miss Mommy when I'm gone. But I'm trying to give a life I never had. I don't see me and your Daddy together ever again. I'm sorry things have to be this way. Together we are strong and one. Just want to let you know. We are going to make it together. We are going to pull it off together. When you're gone with Daddy, in my heart you're so close. When you said 'Good night Mommy, love you,' Next morning I'm all happy knowing you are next to me. Happy birthday on April 24, 2005, and many more to come. I love you so very much. I will always care for you lil' Cheldon, my man. Love always, your Mommy, Mani Decoursay.

Someone special will be celebrating her birthday on April 21. It's Miranda Otter, our sweet daughter. We love you very much and care for you. From Mom, Maryanne, Dad, John, your brothers Jonathan and Anthony, and your sisters Amelia, Celeste and Terianne Otter.xoxox.

I would like to wish a Happy 4th Birthday to Anthony Douglas Napash on May 4, 2005. Happy Birthsay Boo-Doo! Love You So Much! Love from always: Your Aunt Alice Salt (Chisasibi).

I would like to wish a happy birthday to someone very special, Miranda Otter on April 21. Happy 16th birthday, whatever you may go through in life, I'm always here for you or if you need someone to talk to, I'm always here to listen and if you need a shoulder to cry on mine is always here for you. Don't ever feel no one cares or loves you, there are a lot of people that care for you and love you. You mean so much to me. I remember when we had a big argument but we got through it and we can get through anything as long as we forgive each other. Once again, happy b-day to you and remember that I love you very much. From your sister, Stephanie O. xoxox

I would like to wish a happy birthday to my best friend Roxanne Cooper on May 9. Happy birthday, Roxanne and many more to come. From: your best friend, Eden Moore.

I would like to wish a happy birthday to my sister, Ashley Happyjack Moore on May 8th. Happy birthday Ashley. Many more to come and I love you. Xoxoxoxoxo From: your big sister, Eden Moore.

I would like to wish happy birthday to my little sis on May 3rd. To my friend L.M.O, happy belated birthday girl and my friend M.O happy ??th birthday. Many more to come lil sis. From ur big sista and ur friend Caro.

Sending Birthday greetings to my loving sister, Marion Shecapio from Mistissini, she will celebrate her Birthday on May 6, 2005. Don't forget to make a wish when you blow out your candles. And also to my niece, Janet Joyce Hester on May 5, 2005. Oh yeah and to my namesake, Charlene Della Hester from Chisasibi on April 27, 2005. Wishing you a happy birthday on your special day. From Linda Moar, Nemaska city.

On May 12, a very special little girl will celebrate her 6th birthday. We want to wish her a "Happy Birthday" and many more to come. We want the world to know that we love her with all our hearts, and she is our little angel. Her name is Amanda Kara-Lee Tomatuk. Love Always, grandma & grandpa.

Amanda Tomatuk will celebrate her 6th birthday on May 12. Without this little girl by my side, I do not know what I would do. She has been with me through the most difficult times in my life. She comforts me when I am lonely, comforts me when I am sad, shares my tears with me, shares my joy. I love my granddaughter with all my heart and soul, there is nothing I wouldn't do for her. Amanda, I love you, you love me, etc. Love, grandma.

Happy B-day to to Wes Masty (my boyfriend) on May 17th , 05. I wish you have fun on your special day and many more birthdays to come.. I love you my boyfriend ...from granny Patty Snowboy (Whap).

Happy Birthday to my husband, Gordon Snowboy, on May 9th, 2005. I love you...I wish u many more years to come. I wanted to congratulate you on your graduation in Niclolet. I was so happy for you even though it was really hard for me, that you were away for so long and was even harder for our children. I'm so proud of you. I love you with all my heart and soul. You're my soul mate.... Fr: Patricia Masty-Snowboy (Whap).

I would like to wish a Happy Birthday to our one & only daughter; Priscilla on May 7, 2005. You are very precious to us & I am very happy to see how you turned out. We had our good times & bad times but we always came through. We love you & always will. Keep making the right choices & we will always be there for you if you need a helping hand or a shoulder to cry on or some emergency funds (lol). Love Mom & Dad & the boys.

Happy Birthday to our son, Reginald Hester, turning 3 years old on May 3, 2005. We love you very much and so proud to have you in our lives, with lots of hugs and kisses to you. from your Mom and Dad (Tina & Willard).

Someone very special to us will be celebrating his birthday on April, 29, our dad, Romeo. Happy birthday daddy, and we love you very much and we wanna thank you for taking good care of us. From your daughters, Toronna and Lianne xoxox.

This birthday wish is going out to my husband, Romeo Ottereyes, on April, 29. Just wanted to tell you I love you and thank you for always being there for me and our girls. We've been through thick and thin and our love got us through everytime.Thank god for blessing me to have someone like you in my life. I will always be here for you like you've always been there for me. From your wife, Stephanie.

I would like to wish a Happy Birthday to Crystal Chewanish on May-1-2005. Have fun on your special day, Crys! Anyway, Happy Birthday, from Alice in Chisasibi.

We would like to send 1st birthday greetings to Devon House on April 27th, 2005. Hope you had lots of cake on your birthday...lol. Once again, Happy 1st Birthday and many more birthdays to come. From: S.S & E.S (Wemindji).

We would like to say a Happy Belated 10th Birthday to Yuutin Matoush-Ottereyes, on April 19th, 2005, in Waswanipi. Hope you had fun on your birthday, and your birthday party too (that you had on Saturday). Love you and miss you very much, and many more Birthdays to come. X.o.X.o.X.o. Love fr: your auntie S.S.& E.S.(Wemindji).

We would like to say a Happy Belated 10th Birthday to my other niece, Maryanna Matoush, on April 19th, 2005 in Wemindji. I just really hope you had fun on your birthday. Once again Happy Belated Birthday, and many more birthdays to come. Love you very much, X.o.X.o.X.o. Love fr: your auntie S.S. & E.S. (Wemindji).

I would like to say Happy Birthday to mah buddie in Waskaganish who will be turning 17 on May 8th ... Too bad can't party with you, eh?....*Lol* Well, once again Happy Birthday. P.S. Don't party too hard without me...Lol Jk.

I would to wish Happy birthday to my sister Natasha, on May 06.05. She accepts the person I've become. She's a very special friend. She's always been there for me. No matter where I roam,

And whenever we're together, It's just like being home. I Love you sis. Enjoy ur bithday from ur sis: Alice (Wask).

Wishing a very happy 4th birthday to Mr. Dakotah Natawapineskum a.k.a, "Beans" on May 23, 2005. What can I say about you, except that you're one-of-a-kind, special lil' boy who means the whole world to me. No matter how old you are, and even though you'll be starting school this year, you're still gonna be my lil' baby boy! We luv you Beans!! With hugz & kisses, from Mommy and big bro' Simonsh in Wemindji.

Happy 13th Birthday to Kayla Whiskeychan on May 11th, 2005. Have a great day on your birthday. Wow!! Teenager with love. Kathleen and Katrina (Wask.).

Happy 1st Birthday to Ashton Philip Rupert on May 10, 2005. Luv ya! From: Auntie Genie M. (Whap.)

We want to wish a Happy Birthday to our Dad, Ronnie L.Trapper on May 9*. We want to let you know how much you mean to us. We wish you the best in life and many more years to come. May the good Lord bless you, keep you, guide you, and protect you for the rest of your life. With lots of love, happiness and hugs & kisses too! Priscilla,Amanda, Shannon, Judy-Rose and Ronnie'sh xoxoxox.

We would like to wish a Happy Birthday to our grandfather, Ronnie L.Trapper. We hope your day is as special as you are to us and we wish you lots of love and happiness. We miss you a lot and we love you so very much with all our little hearts, Quindon, Dakota and Wyonna xoxoxoxox.

I would like to wish a Happy Birthday to my older sisters Leonda Otter on March 26 who turned 3? and Judy Otter on March 28 who turned 3? Just kidding (ha..ha..ha), and also to my niece and nephew Kayla Mowatt who turned 5 years old on April 12, and Mike Mowatt who turned 13 years old on April 22. I hope you guys all had a great time on your birthdays I love you all and I miss you a lot. From Jessica, Lyie and Payton.

Happy Belated Birthday to a friend, Tina Matthew Fireman, on April 30. Hope you got what you wished for. From your friend, Cheryl.

Happy belated birthday to Rennie Salt on May 5th. From all of us at 41 smokey hill street. (Wask).

Wishing a happy birthday to my one and only brother Aaron Bearskin. He will be celebrating his 20th birthday on May 11th. Hope you have a special day. Don't waste it on drinking! (LOL) Your sister Pierrette.

Our uncle in Chisasibi will be celebrating his 20th birthday on May 11th. His name is Aaron Bearskin. Uncle Aaron enjoy your day because you deserve it! We hope to see you this summer. Love your only two nieces Myra and baby Merielle (Wask). PS Don't party too much (LOL).

Wishing a happy belated birthday to my bro in Chisasibi on April 20th. I wish you could be here on your birthday, so we can party hardy! (JOKE) Happy belated birthday and I hope you're having fun over there. Love from: sis back home xoxo (I HOPE TO SEE YOU SOON!)

Wishing a happy belated first birthday to my little girl Mya Beauty Amber, who celebrated her first birthday on April 27th, 2005. I'm sure you will enjoy your first birthday cake. Already one year old, it wasn't so long ago that you were born. It was one of my happiest days, when I had my tears of joy. Happy first birthday to you, my girl. Love always: your mommy (Wask)

I would like to wish a happy belated birthday to my favourite uncle James on April 30. I wish you the best on your day and everything you do. And may God bless you. with love always, your niece XOXO (from Wask)

PERSONAL – 300

I would like to send out a sincere thank-you to all those who helped me in my search for my father: the Lemay family, David Masty, a special someone who helped me find my father, the

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Whapmagoostui Band Council, Air Inuit, Hotel du Fort, and everyone else involved, which I might have missed. Thank you! Philip Cooper.

Looking for traditional Cree or other Native dancers for 9th Annual Shabridge PowWow, on June 18th. This is an all-volunteer event, celebrating Aboriginal Day. For more information about how to get involved, please call Rudy Montour at 450-638-6704, and leave a message. Thank you!

I would like to wish a happy Mother's day to my wonderful Mother, Mary Masty Snr, My mother in- law Eliza Kawapit, my sisters, Emily Rupert, Minnie Masty, Deborah Kawapit, Maria M. Scipio & Patricia M. Snowboy. My Sister in-laws (neestowch) Eliza Masty, Annette Masty, Betsy Kawapit & Frances Kawapit. My nieces, Judy Masty, Sheila Rupert, Jeannie Petagumskum & Cheryl Bobbish. My other family members, Mina Kawapit Jnr., Maria Kawapit Jnr., Madeleine Kawapit, Karen Masty, Leslie Dick, Amy Dick, Lucy Meeko & Vicky Rouselle. My friends Cindy George, Evelyn Dick, Charlotte Pepabano, Caroline G. Bosum, Patricia Kawapit & Viol;et Natachequan. I would also like to wish a Happy Mothers Day to all the Mothers & Mothers to be in the Cree Nation. From; Rebecca Kawapit (Whapmagoostui, Kuujjuarrapik, Great Whale River, Poste de la Baleine).

I would like to send blessings to our two mothers, Annie Mianscum (Neeposh) & Helen Jolly (Mettaweskum); We love you both & want to thank you for all you've done for us & our family. I hope you enjoy your day & don't work too hard. Please relax & let others do the work for you. Sorry we can't take you to the bush with me since you are always getting medivaced. I enjoy the time we spend together. Happy Goose Break. Love & Prayers; Samuel, Evadney & family.

Wish my dad, Jimmy Moore, a happy and exciting graduation in Sudbury Ont., at the Laurentian University. I'm very proud of you doing what you do at ur age. Remember that I love you always and forever. Hoping this baby don't pop out before the graduation so I can make it. You're the Best!!! From Jessicah and Ira Gunner & Kidzz.

I wish my spouse, Maggie Cox, a Happy Mother's Day on May 8, 2005. We started off as two people back in July 17, 1972. Our family since then has grown into five sons, three daughter -in-laws and best of all six grandchildren to spoil, love and cherish. As you can see, you have done great as a mother, mother-in-law and grandmother. Mothers everywhere deserve a special day like this, just for them. Love you, Samuel.

I would like to congratulate my boyfriend for finishing the course he took at Nicolet, on April 8. I just want to let you know that I'm very proud of you. I knew you could do it. I believed in you. What's next Andrew ...John Abbott? ...lol. If you ever make up your mind about where you wanna go next, I'll be there to help you all the way. I'll be there to support you..100%. Keep going after your dreams. Don't ever let someone stop you from where you want to go, and what you wanna be...OKay?..Once Again.... Congratulations!! I love you so very much, Andrew!! Love always & forever yours, Pamela xoxoxoxoxoxox.

I would like to say Happy Mother's Day to my friends, Doreen Jonah, Rosaline Ratt and Mary Bullfrog. Take care of your little ones. Happy Mother's Day girls, from: Alice Salt in Chisasibi.

We would like to say Happy Mother's Day to our sisters, Sharon Napash, Lily Salt-Lameboy (in Chisasibi), and to Louisa Salt, Happy First Mother's Day (in Waswanipi). From: Joanne and Alice Salt (in Chisasibi).

Happy Mothers day to one of my best friends, Miss Mary Niquanicappo, who will be celebrating her 1st Mothers day this year. My dear friend I hope you enjoy your day with our little Charlie, seeing you with your son is a true blessing, he brings us joy and happiness. You are a great mother to your son and you will continue to do a marvelous job in bringing up a beautiful boy. Once again Happy Mothers day and keep smiling at the world, as this will bring you sunshine in your days. With Lots of Love, Rachel.

I would like to wish my mother, Christiana Petagumskum (Chick) a Happy Mother's Day. I hope you enjoy your day. I love you very much! Love, Genie Mam (Whap).

We would like to wish our mothers, Nancy Sheshamush & Agnes Kawapit, a Happy Mothers day. We would like to express our gratitude for the love and kindness you show us through your smiles. There are no words to express how much we are grateful to have you as our mothers, without you we would not have this beautiful life and family that we are blessed with. Thank you from the bottom of our hearts. With Lots of love, Bruno & Rachel.

We would like to say Happy Mother's to

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our Mom, Mary Gull. You've always been a part of us right from the very start, creating treasured memories, tucked deep within our hearts. You taught us what love truly means, we've watched your caring ways, unselfishly guiding us through any stormy days. We're thankful for the times we've shared and looking forward to the rest. When it comes to Moms there is no doubt, we know we have the best just the way you are. We love you mom...from Alice, Natasha, Jennifer, Malcolm, Darwyn and Glend.

Happy Mother`s Day to my Mom, Mary Masty. I love you with all my heart. I really want to thank you for all the things you done for me, from your Baby, Patricia Masty-Snowboy, (Whapmagoostui).

Happy Mother`s Day to my sisters, Emily Rupert, Minnie Masty, Rebecca Kawapit, Deborah Kawapit, and Maria Masty. I love you my sistas. Try to relax on Mother's day, my sistas. I really want to thank you for all the things you did for me when I needed help and when I needed a shoulder to cry on you were always there when I need someone to talk to. Agooda my sistas take care...from your baby sister, Patricia Masty-Snowboy (Whapmagoostui).

A very Happy Mother`s Day to a wonderful & caring friend, my mother Winnie Coon-Come. I`m sure you`ll enjoy your day since you`re in the bush for goose break. Remember me when you eat your first goose, ok? Please know that I love you very much. God bless you, with Love and Prayers, your daughter Judy Coon-Come. (Mistissini).

I would like to say Happy Mother`s Day to my sister-in-law Marlene from Mistissini. Hope you enjoy your day. Get David to treat you like a queen. God Bless you, with Love and Prayers, Judy Coon-Come.

Happy Mother`s Day to my friend Edna Hester, from Waskaganish. I thank God for your friendship that encourages me to seek Him more everyday and to be able to freely talk to you about anything and everything. Hope you`ll enjoy your day, and God Bless you, with love and prayers, your friend, Judy Coon-Come.

Happy Mother's Day going out to my aunts, cousins, and to all my friends. Hope you will all enjoy your special day. Just relaxing, enjoying the sun and eating that great taste of goose. I love you all. From: Genie Mam (Whapmagoostui).

I want to wish a Happy Mother's Day to my funniest sister/friend Amanda Coon-Come. I wish you the best in life and many more years to come. God bless you! Love always, Pec.

To a very special person in our lives our mother Margaret C. Trapper. We would like to wish you Happy Mother's Day. You mean the world to us, we wish you the best in life and many more years to come. May the good Lord bless you, keep you, guide you and protect you for the rest of your life. We love you so very much, hugs & kisses too! With love Priscilla, Amanda, Shannon, Judy-Rose and Ronnie'sh xoxoxoxo.

We would like to wish a Happy Mother's Day to our Googum, Margaret C. Trapper. We hope your day is as a special as you are to us and we wish you lot's of love and happiness. We miss you a lot from: your grandchildren, Quindon, Dakota and Wyorma xoxoxoxoxo.

We would like to wish a Happy Mother's Day to someone special in our lives mother/Googou, Susan Esau. We hope your day is as special as you are to us and we wish you lot's of love and happiness. We miss you a lot. May the good Lord bless you, keep you, guide you and protect you for the rest of your life. We love you so very much, hugs & kisses too! With love Kevin, Priscilla, Quindon and Coda Bear'sh xoxoxoxo.

Happy Mother's Day/Happy Birthday on May 20* to Priscilla Coon-Come We love you so very much and you are so special to us. With lots of love and happiness. Your fiance Kevin and your boys Quindon Dakota xoxoxoxox.

Happy Mother's Day to Amanda Coon-Come. I love you so very much mom and I wish you the best in life. May the good Lord bless you, keep you, guide you and protect you for the rest of your life. Love Wyonna xoxoxoxo.

I would like to wish Happy Mother's Day to my Grandmother / Aunts / Cousins / Friends in Pikogan, Googum Beatrice T., Annie T.W., Pauline T.H., Linda T., Barabara T. (Beet), KerrieH., Bianca M., Lisa 0., Melanie O, Gloria O.R., Lucie Mc.P., Jessie Me., Tina M., Joyce K., June K., Tiffany C., Tanya N., Elisa K., Tchara K. ,Patricia K., Pamela K., Jenny R. (Chisasibi), Rosie Me., Farah W.C., Susie M. T., Sonia W. (Waswanipi), Angela D., I wish you all the best in life and God Bless you all. Je vous souhaite beacoup de plaisir. Priscilla (Waskaganish).

I would like to wish Happy Mother's Day to my Aunts/Cousins/Friends in Mistissini: Lome C.L., Linda L.H., Jennifer L.V., Karen L. Beth L., Naomi B., Charlotte B, Rosie I.C., Leona H., Marise S.J., Sophie J-, Sonia M., Mary M., Jessica H., Rachel N.. and the one's I forgot to mention. I wish you all the best in life and God Bless you all. PCCT(Waskaganish).

I would like to wish Happy Mother's Day to my Aunt/Cousin/Friends in Waskaganish: Louise G., Maxine G., Patricia B., Elaine B.H., Janet B., Flora W. Mary S., Laimrtte S., Yvonne W.E., Elisa B.E., Noella D., Marcy S.D., Sophia S.,Corrina H., Cheryl H., Emily H., Angela E., Tanya E.B,. Lisa M., Stacy M., Hamette O.D., Rita I.M., Crystal K., Nora K. ,Georgette KJ., Medge K.H., Sarah W., Norma Jane W., all the staff at Waskaganish Schools and the ones I forgot to mention. I wish you all the best in life and God Bless you all! PCCT.

I want to wish, my Mom, Maryanne Otter, a Happy Mother's Day. I really miss you a lot and I also Love you very much, and also Happy Mother's day to my sisters, Leonda and Judy Otter, and last but not, least my Grandma, Agnes Kitchen. Have a safe goose break and I love you all. From Jessica, Lyle and Payton.

Wishing a Happy Mother's Day to my loving and caring grandmas in the world. In Waskaganish Hilda Salt and in Chisasibi Ellen Bearskin. Just wanted the Cree Nation to know that I love you both so much, and I want to thank the Creator for such loving and caring grandmas you are. Enjoy your day! With love, Pierrette and your grandchildren Myra and Merielle.

Happy Mother's Day to our Grandma Virginia in Chisasibi. Grandma, you know that we love you and we miss you. Hope to see you this coming summer. Once again Happy Mother's Day Grandma! Love Myra and Merielle (Wask)

Oh yeah! Almost forgot! My sister will be having her first Mother's Day! Well sister, Happy Mother's Day! This young lady is Kristen Bearskin. Hey sister, just wanted to let you know that I love you and miss you, too. Hope to see you this summer. Love always, your sister in Waskaganish, Pierrette. PS Take good care of your son.

Happy Mother's Day to my Mum Virginia in Chisasibi. Mom, I just wanted to let you know that I love you dearly, and you mean everything to me. Thanks for being such a great Grandma to my children. Once again thank you and Happy Mother's Day! Love always, your oldest baby in Waskaganish, Pierrette XOXOX.

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The Cree Board of Health & Social Services of James Bay

ᐊ ᓇᑎᑭᓂᐦ ᐊᑎᑐ ᐊ ᒥᔨᐱᒪᑎᓱᓇᓂᐦ
THE ROAD TO A HEALTHIER LIFESTYLE

ᑭᔭᐦ ᑭᑭᑕᐦ

ᒥᔨᐊ ᐊ ᔭᔭᐅᐱᐧᐅᓇᓂᐦ ᑭᑭ ᒥᔨᐦᑎᒥᐧᐃᐧᐃᓄᐧᐣ ᑭᐦ ᑭᑭ ᒥᔨᐦᑎᒥᐧᐃᐧᐃᓄᐧᐣ ᒥᔨᐊ ᑭᐦ ᑎᐧᐃᐧᐃᓄᐧᐣ:
ᑭᑭ ᑭ ᐃᑎᐧᐃᐧᐃᐧᐣ ᐊ ᔭᔭᐅᐱᐧᐅᓇᓂᐦ, ᐱᓄᓂᑲ ᐊ ᐁᑐᐧᐃᐧᐃᓂᐦ, ᐊ ᐱᒧᐧᐃᐧᐃᓂᐦ, ᐊ ᐱᐧᐃᐧᐃᓂᐦ, ᐊ ᐱᐧᐃᐧᐃᓂᐦ, ᑭᑭ ᑭᓂᔨᐦᑎᐦᐁᑭᓇᓂᐦ ᐊᐊᓂᓂ ᐊᓄᐦ ᐊ ᒪᑎᐊᓇᓂᐦ ᑌᑲᐊ ᐊᐃ ᐱᔭᐦᔑᑐᓇᓂᐦ ᐊᑲ ᒥᑭ ᐊᓄᐦ ᐃᓂᓇᓇᓂᐦ ᑌᑲᐊ ᐊᐃ ᐱᔭᐦᔑᑐᓇᓂᐦ.
ᑕᐦ ᒥᔨᐊ ᒥᔨᐦᑎᒧᐦ ᐊᐊᓂᓂ ᐊ ᒪᑎᐊᐧ ᑌᑲᐊ ᐊᐃ ᐱᔭᐦᔑᑐᓇᓂᐦ.

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